

March

NEWSLETTER

2006

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

□
Arts & Crafts
□
Cultural Programs
□
Daily Lunch
□
Educational
□
Exercise
□
Health Services
□
Information &
Referral
□
Recreation
□
Socialization
□
Transportation
□
Travel
□
Volunteer
Opportunities

Open Monday
through Friday
8:00-4:30

Deadline for first installation is March 31

“\$125 for the next 25!”

The first group of tiles will be installed on the Heritage Center Wall of Support in May. The deadline to order your personalized tile and have it installed in May is March 31. The first group of tiles sold will be engraved in April and installed in May. You'll still be able to order tiles after March 31 but the future installation dates have not been set. Tiles will be sold year round but will only be installed once or twice a year.

The Center is celebrating 25 years in operation this year and we're looking for the support of businesses, participants, family and friends to purchase a tile and help ensure the success of another 25 years. For the past 25 years generous donations have assisted with not only the building of the Center but purchasing equipment, paying for programs, and making upgrades to the 25 year old building. Last year donations paid for the lobby and backyard landscaping improvements including the flagstone courtyard where the wall of support will be located.

Let your friends and family members know about the project. It could be a great gift for that hard to buy person. A win win situation! Tiles could be personalized for a birthday, anniversary, memorial, or other occasion. An order form is available on page 19 or at the front desk. A payment plan is also available for those who would like to make a \$50 deposit with the final balance due in six months.

Thank you for your support! — *Susan Gregory, Heritage Director*

INSIDE THIS ISSUE

Advertising Rates	pg. 2	Menu - noon meal	pg. 20
Calendar	pg. 10-11	Recreational Activities	pg. 12-13
Classes	pg. 8-9	Services	pg. 15
Computer Classes & Lab	pg. 3	Staff	pg. 2
Exercise Classes	pg. 6	Scholarship Program.....	pg. 17
Gifts & Memorials	pg. 18-19	Volunteers.....	pg. 14
Health Services	pg. 4-5	Trips	pg. 7
		Transportation.....	pg. 15

INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Personal notices are charged the rate of 50¢ per line per issue.

G G G

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. Donations are appreciated to cover the cost of printing. The Heritage Center is funded and operated by Murray City.

Mayor

DANIEL C. SNARR

Chief of Staff

JAN WELLS

Public Services Director

DOUG HILL

City Council:

JEFF DREDGE, DISTRICT #1

ROBERT D. ROBERTSON, DISTRICT #2

JIM BRASS, DISTRICT #3

PATRICIA GRIFFITHS, DISTRICT #4

KRISTA DUNN, DISTRICT #5

G G G

Heritage Center Staff:

Director

SUSAN H. GREGORY

Program Coordinator

GEORGE FENSTERMACHER

Program Coordinator

DAVEEN HAWS

Secretary

SHARON CANTONWINE

RECEPTIONIST

MARY HALL

Ceramic Instructor

CINDY MANGONE

Meals Supervisor

JOZEFINA DUVNJAK

Meals Assistant

BLANCA DISTEFANO

CUSTODIAN

DAVE LINDORFF

Vehicle Driver

LOWELL HART

Building Attendant

SHIRLEY FLOYD

G G G

Heritage Advisory Board

RICK BATTISON, WAYNE BICKLEY,

GENEVA HARRIS, MEEDA SMITH,

NITA SCHULTZ, RON WATTS,

BARBARA WOOLSEY, LEDA WRIGHT

LUCY ZUMBRUNNEN

Appointments Requested

Notary Available

Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available in the computer room and is available anytime classes are not in session. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

Credit Cards

The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. Debit cards are also accepted. □

COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not scheduled. There is no charge to use the computers during open lab time.

Classes are limited to 6 and each class is 1.5 hours per day.

Basic Computers II

Class is designed for the person who has had some exposure to computers and Windows. Cost is \$30 for six lessons. **Mon/Tues/Thurs - March 20, 21, 23, 27, 28, 30 at 10:30.**

Basic Email

Learn the basics of Email (electronic mail) in this 5 1/4 hour class held over three days. Set up a free email account using Yahoo. Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around Windows. Cost is \$15 for 3 classes. **Mon./Tues/Thurs. March 13, 14, 16 at 10:30.**

Basic Internet

Learn the basics of the Internet in this 3 hour class over two days. Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around

windows. \$15 for 3 classes. **Mon./Tues./Thurs. March 6,7,9 at 8:45.**

Music on Computer

Did you know you can buy your favorite song for 99¢ and burn it to a CD? One day class, cost \$6 and you go home with a CD and 3 of your favorite songs. **Wed., March 22 at 12:30-2:00.**

Microsoft Word

Learn the basics of Microsoft Word in this 3 session class. You should be familiar with a mouse and working in windows. Cost is \$15. **Mon., Tues., Thurs., March 13, 14, 16 at 8:45.**

Basic Photo Touchup

This class is designed to teach the basics in working with photographs. Some of what you will learn includes; methods for getting photo's, photo terminology, easy steps to adapt photos, and methods for organizing photos. This class uses MGI's Photosuite III. People do not need to have this software in order to take the class or successfully alter their photographs. Cost is \$30. **Mon., Tues., Thurs., March 20, 21, 23, 27, 28, 30 at 8:45.**

Other Classes?

Other classes available include

Basic I, Basic III, Greeting Cards, Excel, Intro to Scanners, Keyboarding (typing). Let us know what you'd like to learn and we'll try to arrange a class.

Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who just need access to a computer. The lab is open **Monday through Friday from 9:30-11:30** or any afternoon when classes aren't being held. Volunteers on hand on Wednesday (Glen) & Friday (Gordan).

Internet access is available.

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, March 8 at 1:30.** Thank you Tom Manak, HUGS volunteer, for arranging the great speakers.

The group meets every month on the second Wednesday of the month at 1:30 p.m for a presentation, door prize and swapping information. The cost to join the club is \$10 per year. ☐



HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



March Clinics

Mobile Medicare Van

Wed., March 8 from 10-1

Bone Density

Thursday March 9 from 9-12

Podiatrist

Tues. March 14 from 12:30-2:30

Spiritual Cinema

Wednesday March 15 at 2:00

Mental Aerobics

Monday March 27 at 1:00

Toenail Clipping

April 6 from 9-10:30

Thursday, April 6 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on a blood thinner) are welcome. Applegate Home Care will be coming every other month from 9-10:30. The fee is \$10.00 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

Bone Density Testing

Thursday, March 9, 9-12 Noon

Health Quest Clinics will be here on **Thursday, March 9 from 9-12 Noon** to test bone density. The purpose of this test is to determine if a person is at risk for developing Osteopenia, Osteoporosis, or other bone thinning diseases. This test consist of a painless X-ray that will generate a computerized report taking only 5 minutes for your results. Appointments are required and can be made at the front desk starting February 23.

Why Test For Bone Density

Bones, or the skeleton is a large reservoir of calcium. If a person does not receive enough calcium in their diet, or through dietary supplements, then the blood takes it out of the body's "skeleton reservoir." Post Menopausal women, men over the age of 65 years, and any person taking corticosteroids needs 1500 mg of calcium every day. Women who are taking hormone replacements and men under the age of 65 need about 1000 mg. a day.

Osteoporosis is a silent disease causing thinning of the bones. Thin bones are more likely to break. The bones in your hip, wrist and spine are at the greatest risk. By participating in a simple bone density screening, you will know if your bones are thinning. □

Mobile Medicare Van for Part D Help

Wednesday, March 8 from 10-1

Open enrollment for Medicare's new prescription drug plan ends May 15, 2006. You will still be able to sign up for a Medicare Part D prescription plan after May 15, but you will be penalized each month you delay with an increased monthly premium.

On **Wed., March 8** you will have the opportunity to sit down one on one with a trained Medicare volunteer who will guide you through the Medicare web site. The site will help narrow your search down to three or four prescription drug companies, and then let you compare them side by side.

If you need help using a computer, or would just like to have the opportunity to ask questions, appointments are available now. Items you need to bring to the appointment include your annual income and a list of the medications you are currently taking including the milligrams. □

HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...

Massage Therapy Fridays 12:15-4:00

Massage Therapy continues on **Fridays from 12:15-4:00**. Appointments are required and can be made up to two weeks ahead of time. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage.

The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour.

If you have a more specific request, please ask Thelma. She may be able to accommodate you. ☐

Podiatrist at Center Tuesday, March 14

A student from Dr. Steven Royal's Podiatry office will be at the center on **Tuesday, March 14** to cut toenails.

The student cannot see diabetics, but can see people on a blood thinner. There is a \$5 donation for this service.

Appointments are required and can be made starting February 28.

The \$5 donation is due the day of the clipping, March 14.

This service is made possible through Salt Lake County Aging Services. ☐

Two New Programs

* **Spiritual Cinema
Wed., March 15**

* **Mental Aerobics
Monday, March 27**

*Spiritual Cinema Wed., March 15 - 2:00

Are you a cinema fan? Do you love watching movies but wish you could get something more out of them. Do you enjoy participating in lively discussions. Starting **Wed., March 15** the Center will be offering a Spiritual Cinema. These are movies that will inspire, educate, heal and transform your life. Following the film Samadhi Ishaya, a member of the International Society of the Ascension will lead the group in a discussion on the spiritual elements of the film.

Every month the center will show a new movie. March's movies will be "Delivering Milo," a delightful story of birth, life, death, and all the states in between. Milo is indecisive about being born, he is not convinced that experiencing life on earth is what he wants. Starring Bridget Fonda, Albert Finney and Campbell Scott. If spirituality is a big part of your life, or you would like to include more spirituality, try the center's new spiritual cinema. ☐

*Mental Aerobics - Monday, March 27 at 1:00

Are you stuck in a rut? Are you a creature of habit? Mental Aerobics is a new class designed to open your brain to new ideas and new approaches. Instead of saying I can't do this, this class will help you wonder what you can learn from a new encounter or a situation.

Everyone knows how important it is to exercise our body, and the benefits that we see from exercising. Our minds are the same way. By exercising the mind we keep neuro pathways active, reduce the chances of dementia and Alzheimer's, reduce aging of the brain, and improving memory.

Join this fun and light hearted class as we explore ways to get us out of our ruts. This class will meet the **second and fourth Monday** of every month. The first class will start **March 27 at 1:00**. There is no charge for this class. ☐

EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$12 per month or \$2.50 per class

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month or \$10 for repeats

Newcomers must attend the orientation at 1:30 on March 7

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:15-11:15

Jane Wallace - instructor

Lili Field - instructor

Fridays 9:30-10:30

Jamie Pond - instructor

\$15 per month or \$2.50 per class

STRETCHING CLASS

Thursdays 10-11:30 - free

NIA

Mondays & Wednesdays

9:00 - 10:00

Julie Rider -instructor

\$20 per month or \$3 per class

\$21 punch pass

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Visit 8 times in one month and get

one month free! Treadmill, Re-

cumbent Bike, Hand & Leg

Weights, Weight Machine

EXERCISE ROOM

INSTRUCTION

Friday's 1:00-4:00

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:30

Shirlene Lundskog - instructor

\$1.00 donation per class

Changes in Fees

Starting in March the fees for Yoga and Aerobics will be changing. These classes have had many changes over the years including volunteer instructors. In looking at current participation numbers and the cost of certified instructors, the Center needs to make some changes to help cover the cost of these great programs.

Starting March 1 the price of Yoga will increase to \$15.00 per month, and Aerobics will increase to \$12.00 a month. The drop in fee or the "by the day" fee will increase to \$2.50 for both classes. We hope that you will continue to attend and enjoy the variety of exercise classes offered at the center. Help us get the word out about these great programs! □

Chair A-Robics

Did you ever think you could exercise while staying seated in a chair? If you have standing or balance problems, are easily fatigued, or are in a wheelchair, then Chair A-Robics is for you. This class is an aerobic one, but it is done entirely from a seated position. Chair A-Robics offers you a great cardiovascular workout without any impact to your joints. You will feel stronger, more energetic, and physically fit. Join us every **Wednesday and Friday at 11:15.** □

A New Stretching Class / Exercise Room Help

Students from the University of Utah Exercise and Sports Science Program will be instructing a stretching class on **Thursday's from 10-11:30.** This is a great opportunity to lengthen your muscles and gain back some lost flexibility. This class will be taught in the exercise room.

Have you visited the exercise room lately? The students from the University of Utah are volunteering their time to help you get exercising. If you would like them to help setup a personal exercise program or show you how to use the equipment, don't miss out on this opportunity. Stop by **Friday's from 1:00-4:00.** □

Travel with friends...

Center Trips



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Utah Festival Opera: Travel to Logan for Four Performances: July 19, 20, & 21 (sign up March 1)

Join us for a summer trip to Logan to watch presentations of *La Boheme*, *The Music Man*, *Man of La Mancha*, & *The Marriage of Figaro*. The Center's bus will depart on **Wednesday, July 19** at 9 am and return on the 21st about 7 pm. Rooms are reserved at Utah State's newly renovated University Inn. **\$185** (double occupancy) or **\$245** (single occupancy) for transportation, lodging, community tours, and four operas. Meals will be on your own. Seating is limited to 19 participants. Don't miss out on this great opportunity. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Seating is limited and full payment for all reservations must be received before Friday, June 16 at 4:00 pm. Travelers may register for themselves and one other person. Master Card and Visa are accepted for in person or phone reservations. The trip itinerary and details are available at the front desk ☐

Monday, March 20

Lunch Bunch Gets to The Point

Tired of eating lunch in front of the TV while watching the noon news? Join this group of Center friends and travel to a new restaurant once a month...just for the fun of it. The Center bus will depart at **10:30** and travel to the Huntsman Cancer Institute on **Mon, March 20**, where will be given a general tour and orientation to the institute's role in cancer research. It is then on to the top floor of the Center where you will experience a panoramic view of the entire Salt Lake Valley while enjoying lunch at **The Point Restaurant**. Cost is \$2 for transportation and lunch is on you. ☐

Wed., March 22 - 10

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "Best Breakfast in Utah." The bus will depart the Center at 10:00 and returns about 1:00. **Cost is \$5** for transportation and the breakfast.

Tuesday, March 9 - 8:30

Wendover

Travel to Wendover on **Tuesday, March 9** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$14** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30** and return at approximately **7:00 pm**. ☐

Friday, March 24 - 9:30

Modern Dance at Kingsbury Hall

Diavolo, a celebration of the human form is an exercise in strength and trust. A journey that begins with extraordinary architecture and intertwines the movement of the soul. Diavolo is simply heart-stopping and breathtaking art.

The Center bus will depart for the U of U campus at 9:30 on **Friday, March 24** for this 10:30 performance. The cost of this trip is \$5 which includes admission to the dance and the art museum. Lunch is on you.

Following the Diavolo performance we will travel up the hill to the U of U Museum of Fine Arts for lunch in the f/Stop cafe and some free time to browse the gift shop and exhibits of the museum. One of the current exhibits features paintings and sculptures which document Utah's unique history. The bus will depart the campus at 2:00 and return to the Center about 2:30.

You may sign up for this activity at this time. Seating is limited, so don't delay. ☐

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Ceramics

Mon/Tues/Thurs.

8:30-12:00

The ceramic class operates on Mondays, Tuesdays, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

Water Color Lab

Tues. 9:30 - 11:30

Table-top easels will be available for those who wish to use them during the lab.

There is no cost for the lab which will run continuously as long as there is interest in this format. Drop by any Tuesday □

Spanish Classes

Wednesdays 9:00-12:00

Current classes will be conducted March through April (no new students will be added) and will break for the summer. New courses will begin on Wednesday, September 6. Information on new student registration will be available late summer. □ □

Pottery CLASS

Instruction in the techniques of creating functional and decorative pieces of pottery and clay art will be presented by George Fenstermacher, Heritage Center staff member and proprietor of St. George Pottery and Back Yard Pottery Studios.

Class instruction will be held **Thursdays from 1-3 starting Thurs., March 16** and continuing for 8 weeks. An open lab will also be available on Mondays from 8:30-11:30.

Wheel throwing techniques include wedging, centering, throwing, trimming, decorating, glazing and firing of pieces such as mugs, tumblers, bowls, plates, pitchers, covered containers, and novelty items.

Hand built projects include pinch & coiled pots, slab techniques of slump molding, hump shaping, object wrapping to include candy dishes, wall hangings, sconces, bowls, mugs, and others along with skills in texturizing, decorating, glazing, and firing .

Cost of the class is \$35 and will include; Thursday instruction, 30 minutes of wheel time each class period, open lab hours on Monday from 8:30 to 11:30, bisque and glaze firings of all projects, use of the Center's pottery wheels, all clay needed, and related hand building equipment. An additional basic clay throwing kit will be needed and can be purchased the first day of class or paid for when registering (an additional \$15 fee.) You can pay the additional \$15 throwing kit fee when you register or wait until the first day of class if you want to talk to another participant about sharing the throwing kit and splitting this cost.

First Day: It is important you attend the first day of class. A demonstration will be held, course syllabus handed out, and information given on the new pottery wheels that have been purchased by the Center. Class size is limited to 8 students so sign up now and let's get started!

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:30

Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on Tuesday afternoons to share their skills and knowledge of these crafts and chat about things that are important in their lives.

Floral Swag

The craft project for March will be a Floral Swag. This class will be held on **March 28** during the craft class at **12:45**. There are two options to register for this class. First, you can register and buy your own supplies. The second option is a registration fee of \$10 and the center will buy your supplies. The items you will need to buy include silk flowers, greenery, a foam core for the swag, and ribbon. If you have other supplies you would like to add to your swag please bring them with you to class. If you have your own glue gun, it might also be beneficial to bring that along as well.

Pre-registration is required. There is an example of the swag in the display case located in the lobby. Join the craft class for a fun day of floral design.□

Let's Talk Resumes!

Let's Talk, the center's popular reading and discussion program resumes **Monday, March 20 at 1:30**. The Spring schedule will be as follows:

March 20 - *A Connecticut Yankee in King Arthur's Court* by Mark Twain. A nineteenth century Connecticut man wakes to find himself in King Arthur's England, facing a world whose idyllic surface masks fear, injustice, and ignorance. From broad comedy to biting social satire, wild high jinks to deeply probing insights into the nature of man, the reader falls under the book's enchantment and finds that the grim truths of Twain's Camelot strike a resounding contemporary note.

April 17 - *The Color of Water: A Black Man's Tribute to His White Mother* by James McBride. As an adult, McBride finally persuaded his mother to tell her story as a Rabbi's daughter, born in Poland and raised in the South, who fled to Harlem, married a black man, founded a Baptist church, and put twelve children through college. McBride's tribute to his remarkable, eccentric, determined mother is also an eloquent exploration of what family really means.

May 22 - *The Sky, The Stars, The Wilderness* by Rick Bass. In three novels, Rick Bass lets the reader into characters who describe the world and in doing so tells us a great deal about themselves. The last, the title story, describes the world as we would like to see it.□

Drivers Safety Class

Thurs., March 16 and Fri., March 17 at 12:30

This unique program for older drivers is eight hours of classroom instruction (12:30-4:30) that redefine existing skills and develop safe, defensive driving techniques. The class will be presented by John Tolson, an instructor for the American Association of Retired Persons. *Drivers Safety* teaches preventative measures to use when driving that saves lives and to learn about the effects of aging and medications on driving. Some insurance companies provide a premium discount for graduates of *Drivers Safety*.

Students must attend all 8 hours of class to receive certificate of completion. Sign up and pay \$10 at the front desk. Make checks payable to AARP. □

MONDAY

TUESDAY

Heritage Center Events

Heritage Center

#10 E. 6150 S.
(west of State Street)
264-2635

we are here to serve you
Monday-Friday
8:00-4:30

8:30 Ceramics
8:45 Internet
9:00 NIA
10:30 Basic I
12:00 Lunch

6

8:30 Ceramics
8:45 Internet
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
12:00 Lunch
12:30 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

7

8:30 Ceramics
8:45 Word
9:00 NIA
10:30 Basic Email
12:00 Lunch

13

8:30 Ceramics
8:45 Word
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
10:30 Basic Email
12:00 Lunch
12:30 Podiatrist
12:30 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

14

1st DAY of SPRING

20

8:30 Ceramics / Pottery Lab
8:45 Basic Photo
9:00 NIA
10:30 Lunch Bunch Trip
10:30 Basic II Computer
12:00 Lunch
1:30 Let's Talk

8:30 Ceramics
8:45 Basic Photo
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
10:30 Basic II Computer
12:00 Lunch
12:30 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

21

8:30 Ceramics / Pottery Lab
8:45 Basic Photo
9:00 NIA
10:30 Basic II Computer
12:00 Lunch
1:00 Mental Aerobics

27

8:30 Ceramics/8:45 Photo
9:00 Aerobics/9:30 Watercolor
10:15 Line Dancing
10:30 Basic II Computer
12:00 Lunch
12:30 Crafts
12:45 Swag Making
2:00 Strength Conditioning\
2:00 Beginners Line Dance

28

WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:10 Adv. Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge 1:00 Tax Assistance	<div>2</div> 8:30 Ceramics 9:00 Aerobics 10:00 Blood Pressure Glucose 10:00 Stretching Class 11:00 Hawk Watch 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning	<div>3</div> 9:30 Yoga 9:30 Computer Lab 10:30 Brown Bag 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage 12:45 Bingo 1:00 Bridge Play 1:00 Exercise Rm Help
<div>8</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:00 Medicare Part D Appts. 10:10 Adv. Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge 1:00 Tax Assistance/1:30HUGS	<div>9</div> 8:30 Ceramics / Wendover 8:45 Internet 9:00 Aerobics 9:00 Manicures 9:00 Bone Density Testing 10:00 Blood Pressure/Glucose 10:00 Stretching Class 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning	<div>10</div> 9:30 Yoga 9:30 Computer Lab 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage 12:45 Bingo 1:00 Bridge Play 1:00 Exercise Rm Help
<div>15</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:10 Adv. Spanish 10:15 Yoga 11:00 Attorney 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge / Tax Assistance 2:00 Spiritual Cinema	<div>16</div> 8:30 Ceramics / 8:45 Worc 9:00 Aerobics 9:00 Blood Testing 10:00 Blood Pressure/Glucose 10:30 Basic Email 12:00 Lunch 12:30 Driver Safety 1:00 Square Dancing 1:00 Pottery Class 2:00 Strength Conditioning	<div>17</div> 8:00 Irish Pancakes 9:30 Yoga / Computer Lab 10:30 Brown Bag 11:00 Massage Therapy 11:15 Chair A'Robics 12:00 Lunch 12:30 Driver Safety 12:45 Bingo 1:00 Bridge Play 1:00 Exercise Rm Help
<div>22</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:00 Tooele Breakfast Trip 10:10 Adv. Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 12:30 Music / 1:00 Bridge 1:00 Tax Assistance	<div>23</div> 8:30 Ceramics 8:45 Basic Photo 9:00 Aerobics 9:00 Manucures 10:00 Blood Pressure/Glucose 10:00 Stretching Class 10:30 Basic II Computer 12:00 Lunch 1:00 Square Dancing 1:00 Pottery Class 2:00 Strength Conditioning	<div>24</div> 9:30 Yoga 9:30 Dance & Museum Trip 9:30 Computer Lab 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage 12:45 Bingo 1:00 Bridge 1:00 Exercise Rm Help
<div>29</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:10 Adv. Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch /12:45 Bingo 1:00 Bridge 1:00 Tax Assistance	<div>30</div> 8:30 Ceramics 8:45 Basic Photo 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:00 Stretching Class 10:30 Basic II Computer 12:00 Lunch 1:00 Square Dancing 1:00 Pottery Class 2:00 Strength Conditioning	<div>31</div> 9:30 Yoga 9:30 Computer Lab 10:30 Brown Bag 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge Play 1:00 Exercise Rm Help

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. □

Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. Winners from January were: *Don W. 597, Tom Swope 655, Fred Bacon 623, Judy 577.* □

Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** afternoons from 1:00-4:00 p.m. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of bridge play guidelines are posted on the bulletin board in the card room.

High Scores for January were: **Wednesday**-*Ruth Morris 86, Georgette 99, Hal Lemke 93, Carol Meyers 85. Friday* *Sara Miles 83, Jean Foreman 76, Jean Forman & Ruth Morris 86, Hal Hal Lemke 81.* □

Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days.

A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. □

Line Dancing

Tuesdays-10:15 & 2:00

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □

Square Dancing

Thursdays 1:00-2:30

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.)

The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

Group Photo above article

Red Hatters Begin Third Year @ Heritage

The Heritage Chapter of the Red Hat Society began their third year with the election of new officers. The founding Queen Mother, Ada Norton, will be moving to Sacramento, Ca. in March and the Hatters will say good-bye and ***Thank You*** to her at a luncheon in Park City. The newly elected Queen Bee is Nancy Oxsen and her court of helper bees includes Vona Mae Dunn, Ellen Shaw, Ellie Green, Leona Julian, and Pat Napel who is a cofounder of the original chapter. The Heritage Center Red Hat Society chapter meetings are held on the first **Thursday** of each month from **12:45-2:00**. Meet on **Thursday, March 2** at 12:45 for a game of BONKO and Hand & Foot. For information contact George at 284-4240.

The Red Hat Society is a national organization which was founded in 1998 by women who had decided to greet middle age with verve, humor, and elan. "We believe silliness is the comedy relief of life, and since we are all in it together, we might as well join hands and go for the gusto together. Underneath the frivolity, we share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life take us next." While visiting a friend in Tucson several years ago, Sue Ellen impulsively bought a bright red fedora at a thrift shop, for no other reason than it was cheap and, she thought, quite dashing. A year or so later she read the poem "Warning" by Jenny Joseph, which depicts an older woman in purple clothing with a red hat. Sue Ellen felt an immediate kinship with Ms. Joseph. She decided that her birthday gift to a dear friend would be a vintage red hat and a copy of the poem...thus the foundation of the international organization now known as the Red Hat Society. □ □ □

Fri., March 17 Free Pancakes 8:00-9:30

For those who wear something GREEN on St. Patrick's Day, **Fri-day, March 17** the Center's little Leprechaun will serve FREE Irish Pancakes. A green sweater, or scarf, or hat, or shirt, or pants or any item of green attached to your clothing will qualify for a free stack of the tasty treats. Hot cakes, pancakes, flap jacks, griddle cakes...it matters not what you call them...they all taste great. Ask the Leprechaun to make you his world famous Shamrock Stack with syrup and butter. The grill will be open from 8 - 9:30 and pancakes will be served in the dining room. For those who forget to wear green, a shamrock can be purchased for a smile...no Blarney! □

Irish Wish

May there always be work for your hands to do;

May your purse always hold a coin or two;

May the sun always shine on your window pane;

May a rainbow be certain to follow each rain;

May the hand of a friend always be near to you;

May God fill your heart with gladness to cheer you.

VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOL

March Volunteer of the Month-Leda Wright

Leda is a country girl from Eola, Oregon. While still in high school Leda met her future husband, Pete Wright. They married in 1958 and moved to Ludwigsberg, Germany where Pete was stationed in the Army.

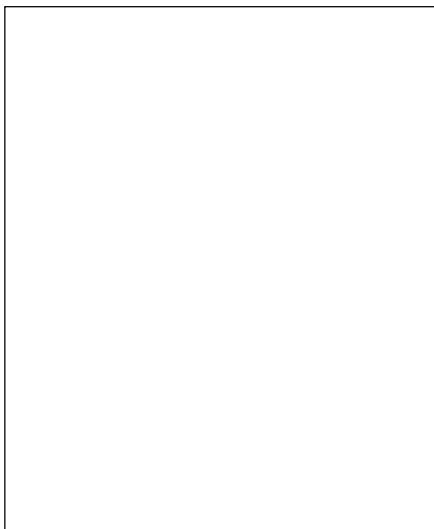
Their first anniversary was spent on a camping trip to Holland, Denmark, Luxenberg, and Sweden. A favorite get away for Leda and Pete was none other than Hitler's retreat spot of Burchase Garten, Austria. They were able to stay for the military service rate of \$2.00. Over the years they traveled to Italy, Spain, Monaco, France, and of course all over Germany.

After two and half years in Germany Leda and Pete moved back to Oregon. While in Oregon they had a son and twin daughters. It was not long before the family was on the move again. First to Southern Oregon, then to Reno, Nevada, onto Salt Lake City, Utah, and finally to Murray, Utah in 1976. Leda took a job as an Office Manager/Secretary in the Southeast Christian Church. Pete worked as a Gold Miner till he retired in 1998.

Pete's last day of work was Leda's last day of work. They set off on the vacation of a life time, Australia. Pete and Leda have three children who live in Dallas Texas, San Bernadino California, and Tacoma Washington. Traveling destinations for Leda and Pete today are visiting their children and 6 grandchildren throughout the Western United States.

Leda first came to the Heritage Center two years ago to meet a friend for lunch. While taking a tour of the facility, Leda saw the Ceramic room and was hooked. Leda enjoys doing so many different crafts including Gardening, Ceramics, Quilling, Swedish Weaving, Wood Carving, Knitting, Crochet, and all sorts of needle hand work. Leda enjoys getting acquainted with her fellow center participants, and especially going on center trips.

Leda feels blessed to have such a nice facility to come to, and reaps the rewards of a hard working staff. It has been a pleasure for Leda to serve on the Advisory Board (she is the current chair.) She has enjoyed being involved in the decision making process. Leda would like to thank the Murray City Council and the Mayor for their support of the center. Leda will be recognized before lunch on March 28. □



Volunteer Corner

Volunteers are the key to the success of the Heritage Center. Currently the Center is in need of volunteers for the following positions:

Bingo - caller and prize person needed. See George.

Dish Washer - substitutes are needed to help when regular volunteers are away. See Jozefina.

Front Desk - check with Sharon to see if the front desk has openings for volunteer receptionists.

Health Services - substitute receptionist needed to assist on Thursdays. See Daveen.

Computer Users - assist those who don't use a computer navigate the medicare website for information on the new prescription drug plans

Greeters - assist in the dining room, welcome visitors and help people find seats..

Instructors - do you have a special talent or skill you'd like to share? See Daveen or George about teaching a class.

Yardcare - want to help in the spring and summer with the planters in the courtyard? Help will be needed when the snow is gone. See Susan □

Thank You

Samba Grill

sponsors of the

Volunteer of the Month

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Attorney Consultations Wed., March 15

An attorney will be available for free 20 minute legal consultations on **Wednesday, March. 15 at 11:00.** Appointments are needed and are made at the front desk. At least three appointments must be made in order to have the attorney come to the Center.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

(by appointment)

Manicures & Nail Care March 9 & 23

Karla Tall, a licensed and experienced nail technician, will be sharing her time and skills at the Center on the 2nd and 4th Thursdays each month. Appointments last about 40 minutes and will begin at 9:00 am. Cost for this service is \$10 and includes nail shaping, cuticle care, moisturizing, polish (if you wish), and great conversation.

Treat yourself to this health service. Register at the front desk for the date and time you wish. Gents are encouraged to avail themselves of this opportunity, as Karla also does **Men-icures.** □

FREE Tax Assistance

A.A.R.P. is providing free tax consultation and preparation on simple tax returns for all taxpayers with middle and low income, with special attention to those age 60 and older. This free and confidential service will be available each **Wednesday** through April 12 from 1:00pm to 3:30pm. You may sign up at the front desk two weeks in advance for an appointment.

Please sign up at the front desk for a 30 minute appointment and receive a list of the documents you should bring to assist in the preparation of a 2005 Tax Return. □

Transportation

The Heritage Center offers transportation to Murray residents on Wednesday, Thursday, and Friday in our 20 passenger bus. Advance reservations are needed and new riders need to fill out a brief application before your first ride. The bus picks up between 10-11 on Wed/Fri. and 9-10 on Thursday and returns riders to home after lunch and bingo on Wed/Friday.

Please make sure you cancel your ride if you are not able to attend so that the driver does not include you on his route.

The Center 20 passenger bus is also used for day trips. These trips are available to any senior and are not limited to Murray residents. See page 7 for the current trip schedule.

Brown Bag

Pick up applications at the front desk for the brown bag food program sponsored by the Food Bank. You must be 65+ with annual income less than \$13,470 for single or \$18,180 for couple.

March

Brown Bag Dates

Friday - 11:15

March 3, 17, 31

Help! Reading Volunteer Needed

"It is in every man's obligation to give back what he has gained." Einstein

Studies show student's academic performance improves greatly through extra reading programs. To help meet this need, Murray Schools seek volunteers to read with elementary students weekly. Training will be brief for this simple reading program. Volunteers are needed for as little as one hour a day, one day week. Liberty Elementary (close to the Center) is in need of a reading volunteer once a week. Contact Denise at 264-7424 or 864-8165. □

MISCELLANEOUS...MISCELLANEOUS...MISCELLANEOUS...MISCELLANEOUS..

March 13 is National Peach Cobbler Day

Peach Cobbler Recipe (www.southernfood.about.com)

3 cups peeled and sliced fresh peaches

1/2 cup granulated sugar

1/4 cup (4 tablespoons) butter cut in small pieces

Crust

1 cup all-purpose flour

2 teaspoons baking powder

1 tablespoon granulated sugar

1 teaspoon salt

1/4 cup (4 tablespoons) butter

1/2 cup (or less) heavy cream

Lay sliced peaches in buttered 1 1/2 quart baking dish. Sprinkle with 1/2 cup of sugar. Dot with the 1/4 cup butter cut into small pieces. For crust, mix together flour, baking powder, 1 tablespoon sugar, and salt. Cut in the remaining 1/4 cup butter. Stir in heavy cream until dough is manageable. Roll dough out on a lightly floured surface; place over sliced peaches. Bake at 375 degrees for 35 minutes, or until top is browned.□

Enjoy Jozefina's Peach Cobbler on Monday, March 13

Welcome Lola

Say Hello to Lola Strelow the newest member of the Heritage Staff. Lola started working the end of January through the Title V employment program run through Salt Lake County Aging Services. Lola will be working with Jozefina in the kitchen and also assisting Dave with some of the custodial work. If you haven't yet, take a minute and introduce yourself to Lola.

Lola is the mother of four children. All of her children are grown with families of their own. She has 8 grandchildren and 1 great grandchild. She loves to work outside the home she owns; doing things like mowing and trimming the lawn, and working in her vegetable garden. Her real love is to go fishing...any time...any where. Her pet peeve is filth. Her sons says she's a clean fanatic and will do whatever it takes to make her surroundings as clean as possible (lucky for the Heritage Center!) She has a dog for a pet. The dog's name is Princess Di. The dog is a full breed, full size Pomeranian with a buff belly and a cinnamon upper coat. She loves to stay active because it keeps her in good shape, feeling useful, and keeps her age from overcoming her. Welcome Lola!

Welcome to the

Big Top!

The Circus is
coming
to town!

Belly Dancers

Clowns

Coming in May

Complete details in the
April newsletter

MISCELLANEOUS...MISCELLANEOUS...MISCELLANEOUS...MISCELLANEOUS..

Chuck-A-Rama Cards

Discount cards are available at the front desk for a 15% discount at Chuck-A-Rama. The card is good for persons 60+ and the cost is \$1. In addition to the 15% discount after 10 visits you receive a free meal. All proceeds from cards purchased at the Heritage Center stay at the Heritage Center.

Thank you to the Chuck-A-Rama Buffet for providing the cards. Last year the Center received \$1,000 through card sales.

Purchase your card today at the front desk and enjoy a meal at any Chuck-A-Rama Buffet.

LOCATIONS:

744 E. 400 S., Salt Lake

6363 So. State, Murray

12300 S. Minuteman, Draper. ☐

Newsletter Subscriptions Available

Newsletter Donations

Each month at least 800 copies of the newsletter are printed. Newsletters range from 16 to 20 pages in length and cost over .60¢ per newsletter. Donations are greatly appreciated to help offset this cost. Donations can be given at the front desk or put in the donation box in the lobby.

If you would like the newsletter mailed to your home, subscriptions are available at the front desk for a \$16 fee. The newsletter will be mailed to your home each month for one year starting the month after you subscribe. ☐

Heritage Center Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$50 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship program, you must prove a financial need and meet certain criteria. One scholarship is currently available. The income guidelines for 2006 are \$957/mo. individual or \$1284/mo. couple. Applications are available at the front desk or from the Center Director.

All information is kept confidential and evaluated every 6 months.☐

Seniors... Can't Afford Home Repairs? - **LifeCare** Can Help!

LifeCare Bank, a program of Community Services Council, offers **FREE MINOR HOME REPAIRS** for those who qualify. Repairs include: plumbing, electrical, minor appliance repair, accessibility modifications, home security and repairs and maintenance of evaporative coolers and furnaces.

We know there are seniors out there who qualify for these free services and simply do not know they are available. The city has made these funds available through Community Development Block Grants and we urge seniors to call LifeCare Bank at 887-1274.

Eligibility Requirements: Age: 60+ or younger with a disability. Must be a Homeowner.

Income Limits: 1 Person: \$1,789/month - 2 Persons: \$2,045/month

Life Care also has yard assistance, friendly visiting, and food assistance programs available. Contact Life Care today at **887-1274** to see if you qualify!

Life Care will be at the Heritage Center on Wed., March 8 at 11:30 to answer questions and give a brief presentation before lunch.

Information on Wall of Support

Add a tile to the “Wall of Support” in the Heritage Center courtyard. Become a part of the Heritage Center...Forever! *Purchase a tile with Your Own Personal Message.* Messages can be 3 lines up to 20 characters per line.

The Heritage Center has benefitted by the support of generous friends and businesses who have donated throughout the past 25 years. Donations have purchased furnishings, equipment, made upgrades, and supported beautification projects like the new courtyard completed this year. Your help is needed to ensure that the Heritage Center is able to continue this tradition for the next 25 years. Purchase a tile and all of the proceeds will go to the Heritage Center. These special tiles will be placed on the wall in the courtyard by the flagstone patio.

Order Form

The order form on the next page (19) needs to be completed and submitted to the front desk with the information on your personalized message. Print clearly and allow space for punctuation and space between words. One order form is needed for each tile purchased.

Tile details

The tiles are 4”x8”x2 1/2 or 8” x 8 “ x2 1/2” and are engraved using state of the art laser technology. This will ensure strength and durability for a life time.

Deadlines and Info

This will be an on-going campaign but tiles that will be installed in May need to be ordered by March 31. Installation of tiles will only be done once or twice a year.

Thank You

The following organizations and individuals purchased tiles last month. Thank You!

AARP Chapter 402

Senior Bridge Club

Mary Coccimiglio

Don Fronce

Chris & Bennie Glavas

Barbara Klinetop

Tom Manak

John Paras Furniture

Wanda Sharich

Wall of Support

First group of tiles to be installed in May

*Evening B.B.Q., Entertainment, and
unveiling of the new tiles ...*

May 15, 2006

Friends of the Heritage Center

25th Anniversary Fund Raising Project

Your Name _____ Phone _____

Address _____ Email _____

City _____ State _____ Zip _____

4x8 Tile: @ \$125 = _____ 8x8 Tile: @ \$250 = _____

You may choose to pay the entire portion or make a \$50 deposit and pay \$12.50 per month for 6 months.

Date & amount of deposit _____ Balance must be paid by _____

All purchases or donations are tax deductible.

Total paid: _____

Please make sure your engraving information is spelled correctly. (Please print clearly)

Tile 4x8 (Limit 3 lines, 20 characters including spacing) - \$125

Tile 8x8 (Limit 3 lines, 20 characters including spacing) - \$250

MARCH 2006

Heritage Center Menu

Make reservations by 12:30 the day before by calling **264-2635**

Lunch served at Noon. Purchase tickets by 11:50 a.m. - Cost is \$2.50 for persons 55+

A Chef Salad is available any day when ordered in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BEEF TERIYAKI Rice Mixed Vegetables Roll Brownies Or Pears	2 PIZZA Green Salad Chocolate Chip Cookie Or Peaches	3 MEAT LOAF or FISH Mashed Potatoes/ gravy Green Beans, Roll Pumpkin Pie
6 SALMON Rice Mixed Vegetables Roll Gelatin Parfait Or Pineapple	7 CREAM OF POTATO SOUP 1/2 Roast Beef Sandwich Muffins Or Peaches	8 RIGATONI Green Salad Garlic Bread Apple Crumb Cake Or Mixed Fruit	9 QUICHE Fruit Bowl Cinnamon Roll Or Apricots	10 CHICKEN BREAST or FISH w/mushroom sauce Noodles, Roll Baklava Or Pineapple
13 SALISBURY STEAK Mashed Potatoes w/gravy Peas, Roll Peach Cobbler Or Mixed Fruit	14 TACO SALAD Apple Pie Or Pears	15 BAKED FISH Rice Corn Roll Coconut Cream Pie Or Peaches	16 PORK CUTLETS Potato Casserole Peas Chocolate Cake Or Pineapple	17 CORN BEEF and Cabbage or FISH Potatoes Roll Green Gelatin Or Pineapple
20 FRENCH DIP Hot Potato Salad Gelatin Salad Or Pears	21 CABBAGE ROLL Ambrosia Fruit Salad, Roll Danish Or Pears	22 SWEET'N SOUR PORK w/ Vegetables Chow Mein Noodles Carrot cake Or Pineapple	23 LASAGNA Green Salad French Bread Cookies Or Pears	24 SHRIMP OR HAM SALAD Garlic Bread Or Mixed Fruit Tiramisu Or Peaches
27 POTATO BAR Strawberry Cake Or Peaches	28 CRAB CAKES Potato Casserole Asparagus Bread Pudding Or Pineapple	29 SPAGHETTI w/ Meat Balls Tossed Salad Garlic Bread Cherry Cobbler Or Pears	30 VEGETABLE BEEF SOUP in a bread bowl Fruit/Cheese Salad / Coconut Cake Or Fruit	31 HONEY HAM or FISH Scalloped Potatoes, Peas Roll. Lemon Bars Or Apricots